# SUMMER PROGRAMME 2023

## MONDAY

3-LAKE HIKE I 10AM TO 2PM I ♥ BUS STOP PASSHÖHE
INTRODUCTORY BIKING LESSONS AT THE TRIAL PARK I 2PM TO 3PM I ♥ GRÜNWALDKOPF

## **TUESDAY**

ROPES TECHNIQUES | 10.15AM TO NOON | ♥ BUS STOP LÜRZERHOF — UNTERTAUERN WATER HIKING TOUR TO THE JOHANNES WATERFALL | 1.30PM TO 4.00PM | ♥ GRÜNWALDKOPF

#### WEDNESDAY

HERBAL WALK WITH NINI | 10AM TO NOON | ♥ BUS STOP PASSHÖHE MOUNTAIN YOGA WITH NINI | 4.30PM TO 5.30PM | ♥ TOURIST OFFICE

## **THURSDAY**

SURVIVAL IN THE WILDERNESS I 10AM TO 12.30PM I ♥ GRÜNWALDKOPF HIGH ON THE ROPE I 1PM TO 3PM I ♥ ALMSEILGARTEN (NEAR FELSERALM)

## FRIDAY

TWENG'S WILD LANTSCHFELD | 10.30AM TO 12.30PM | ♥ MUNICIPAL OFFICE TWENG

## SATURDAY

PONY TREKKING IN TWENG I 10.30AM TO NOON I P MUNICIPAL OFFICE TWENG

#### SUNDAY

MYTHICAL HIKE I 2.30PM TO 4PM I ♥ BUS STOP PASSHÖHE



